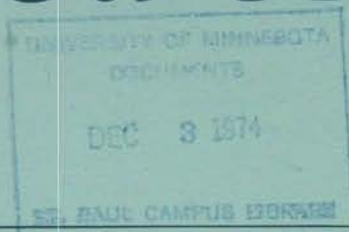


# The Clothes You Make - I



In this unit you will learn about:

- choosing a pattern
- choosing fabric and notions
- sewing tools
- sewing on the machine
- sewing with a pattern
- new sewing skills

Garments in this unit can range from easy to difficult. You can make a garment from just one of the units described inside or several from all of them.

It is best to learn to follow and understand the instruction guide that comes with the pattern. Project helps included in the booklet "Help Yourself to Sew" are those usually not found on the pattern guide.

If you haven't completed the funsheet on line, color, and texture, ask your leader or county extension office for it.

Here's a list of more sewing helps to ask for (from your leader or county extension office):

- 4-H M-29 Put It all Together (Darts and Seams)
- 4-H M-30 Edge Ways (Collars and Facings)
- 4-H M-31 Zip, Zip, Zip (Zippers)
- 4-H M-32 Ahem! (Hems)
- 4-H M-33 Sleeveary (Sleeves)
- 4-H M-34 It's Hot Stuff (Press As You Sew)
- 4-H M-35 Fasten Up

HC 10 Sewing with Double Knits

HC 45 Sewing the Newer Fabrics

HC 14 Key Fitting Points for Pants

Coats & Clark's Menswear I Pants

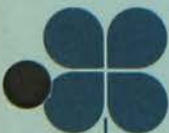
Simplicity's What, Where, When, and How of Plaids

Books to look for:

Simplicity Sewing Book by Simplicity Pattern Co.  
(see sections that apply)

Let Yourself Sew by Simplicity Pattern Co.

Everything About Sewing Pants and Jumpsuits,  
Everything About Sewing Menswear, Everything About Sewing Trims, and Everything About Sewing Lingerie and Loungewear, all from Vogue Patterns.



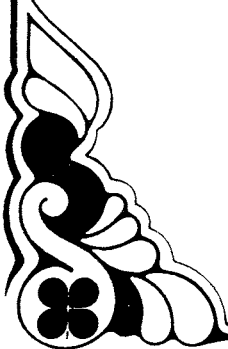
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Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

# Topshirtjumperskirt

Topshirtjumperskirt is for you if you want to make a tank top, smock top, pop top, midriff top, vest top, T-shirt, sports shirt, plain shirt, fancy shirt, simple jumper, suspender jumper, trimmed jumper, pants skirt, wrap-around skirt, short skirt, long skirt, in-between skirt, or anything else that looks like a top, shirt, jumper, or skirt.

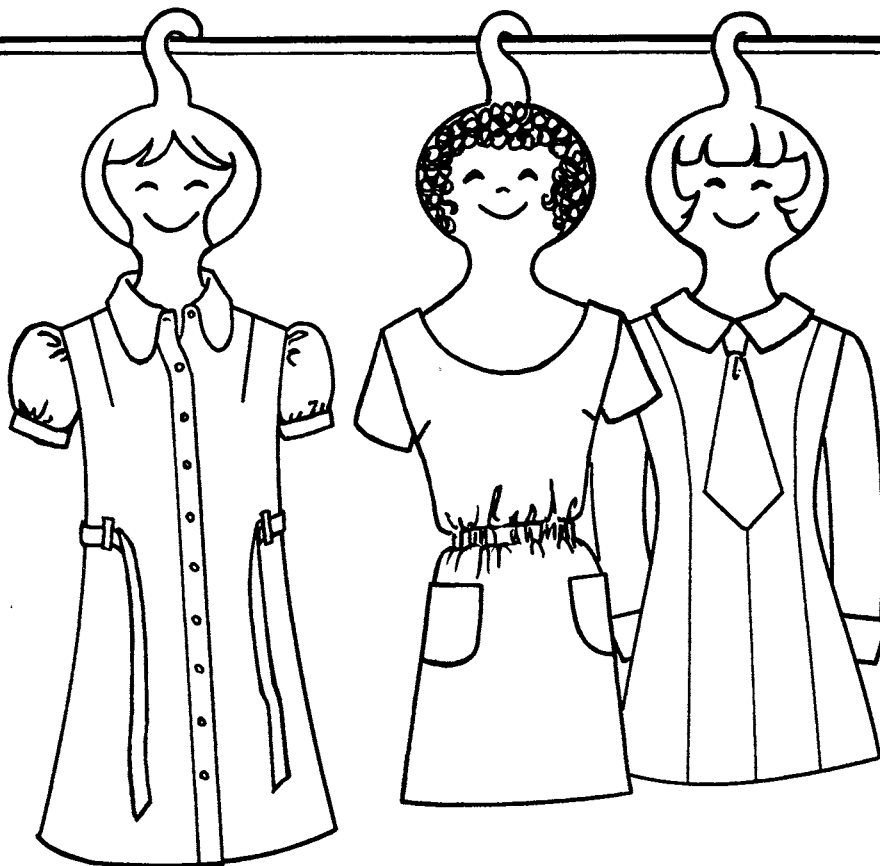
You may already have something in mind that you need or want to make. If you're just beginning to sew, one of these would be a good project on which to start. If you've sewed quite a bit, you'll probably put several together for an outfit. Read the back page on your "haves, needs, and wants." Talk with your project leader or parents about your plans. Write your plans on your 4-H record.



# Many Dresses

Many Dresses lets you make a dress of almost any kind. If you haven't sewn too much, choose a simple pattern. A dress with few pattern pieces, no sleeves, and no waistline would be quite easy. A dress with sleeves, a collar, buttonholes, and a waistline would be harder. However, a pattern with a couple of these might be what you're ready to try.

Read the back page on your "haves, needs, and wants." Talk with your project leader or parents about your plans. Write your plans on your 4-H record.



# Night Clothes

Night Clothes are sleepwear or loungewear such as pajamas, nightgown, robe, housecoat, swim cover-up, etc. It can be for yourself, or they make nice gifts!

There are lots of different outfits to make for Night Clothes. The pattern books are full of different choices. Read the back page on your "haves, needs, and wants." Talk with your parents or project leader about your plans. Write your plans on your 4-H records.

## TIPS ON SEWING NIGHT CLOTHES

Think about the fabric you choose for "night clothes" carefully. Pajamas and gowns need fabric that is soft, but sturdy. It must be able to take many, many washings. Check for color fastness, too. Fabrics for robes could be corduroy, knits,

quilted, velour, denim, terrycloth, or flannel. Some of these require special handling, so choose according to your skill. For example, one-way designs, corduroy, velour, and brushed fabric have nap so all pattern pieces must be placed in the same direction; quilted fabric is quite thick so some seams will need to be trimmed and graded; terrycloth has many tiny loops so care must be taken not to get them caught in the presser foot of the sewing machine.

Before choosing a pattern decide whether you want something quick and easy to slip over your head or slip into, or something with fastenings. Patterns for sleepwear and lounging sometimes have kimono or raglan sleeves which are usually easier than set-in sleeves. Some styles may be good for using trim. Don't forget to preshrink the trim, too.



# Pants Plus

So you want to sew pants! This is for you if you want to make pants or pants plus a top to have an outfit. The pants can be pants or shorts, knickers, jumpsuit, overalls, etc.

Whether you're making a very simple pair of pants, or pants with a zipper, waistband, and pockets, there are lots of helps available. Check the reference list for publications on such things as matching plaids or putting in a zipper.

Be sure to follow the instruction guide that comes with your pattern.

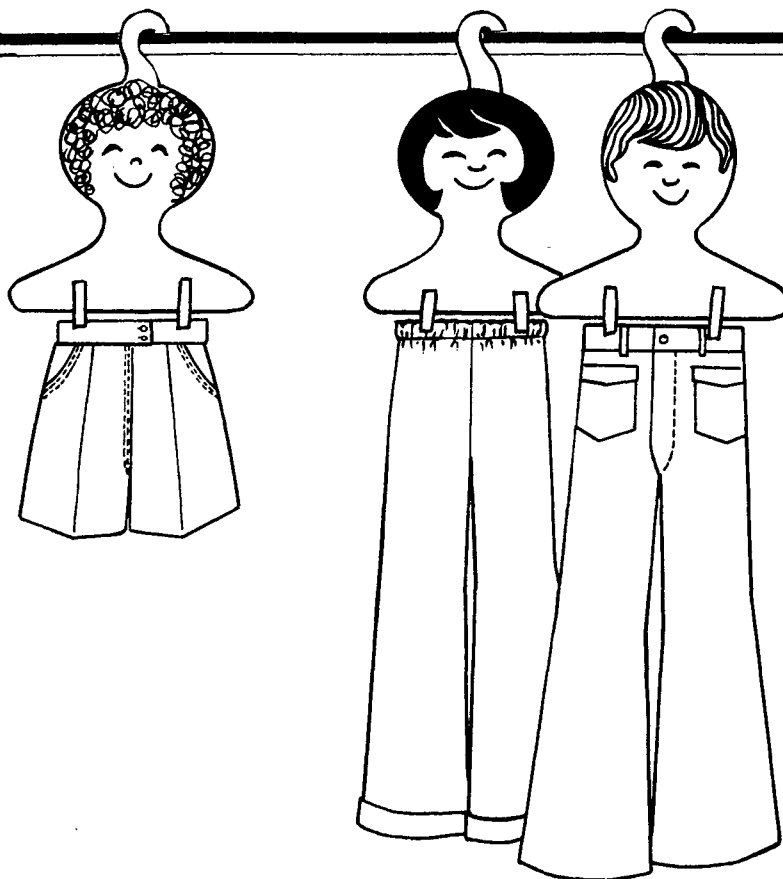
Talk with your project leader or parents about your plans and write them on your 4-H record.

## TIPS ON SEWING PANTS

There are many fabrics that can be used for pants, both knit and woven. Don't choose fabrics that are heavy, stiff, or sheer. If you haven't sewn too much, choose a fabric that doesn't ravel easily and stay away from plaids and napped fabrics. A pattern with an elastic waist would be easier than a zipper and waistband.

Choose your pants size by your hip measurement (for a jumpsuit, go by bust or chest measurement). Then, you will need to take other measurements and compare them to the pattern and make any necessary alternation. This will help you get a good fit. To do this, you will need HC 14 "Key Fitting Points for Pants" or Coats & Clark's "Menswear 1-Pants." If you don't already have one of these, check with your project leader or county extension office.

Sew your pants this way: staystitching first, then darts, inner and side leg seams, crotch seam, zipper, waistband, and hem. The crotch seam will not bunch or bind if it's sewn after the leg seams. To do this, place one pants leg inside the other with right sides together. Stitch the entire crotch seam. To reinforce this seam, stitch a second line of stitching between the notches. A fly front placket is made before any of the seams are stitched. An invisible zipper is also put in before any seams.





WHAT DO YOU HAVE?

WHAT DO YOU NEED?

WHAT DO YOU WANT?

WHAT DO OTHERS IN YOUR FAMILY HAVE, NEED, WANT?

These are some very important questions about clothes. To find out **what you have**, take all your clothes out of your closet and drawers. This only needs to be done once a year, so it isn't such a big job. Separate them into these piles:

- wearable
- almost wearable
- not wearable

Put the "wearables" back in your closet and drawers, and make a note of what they are. Decide what mending, cleaning, or changing needs to be done to the "almost wearables." Put them where you won't forget them. If your "not wearables"

are clean and in pretty good shape, you might give them to church groups, Goodwill, used-a-bit stores, or your friends.

Now, you must decide **what you need** and **what you want**. Your needs are those clothes you must have. Perhaps last year's winter coat is just too small, so a new coat is a need. Your wants are those clothes you would like to have. Ask yourself, "Can I get along without it?" If you can, it is a want.

You are not the only person in your family that needs and wants clothes. Your parents' and brothers' and sisters' clothing needs have to be taken care of, before your clothing wants. If your brother has no shoes for school, you may not be able to get another pair that goes with your new outfit.

Remember the wearables? Was there anything in good condition that needed something to go with it to make it an outfit? For example, you may have a pair of plaid pants or a jumper that needs a new top to make it into a new outfit.

List here your wearables that need a new addition:

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List here the new addition that will give you the new outfit:

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Developed by Eileen G. Anderson, urban extension agent

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